



DIKOS NTSAAGÍÍ (COVID-19)

VS.

HANTAVIRUS



Dikos Ntsaaígíí (COVID-19)

- COVID-19 is a respiratory disease that was first detected in late 2019 and is present worldwide.
- It is caused by a new coronavirus (SARS-CoV-2).
- Although most healthy people will develop mild to moderate disease, up to 1 in 5 young adults with COVID-19 may require hospitalization.

Hantavirus Pulmonary Syndrome (HPS)

- HPS is a rare and deadly disease caused by infection with hantaviruses.
- Navajo Nation is disproportionately affected, accounting for 18% of HPS cases in the U.S.
- Cases are reported year-round with a peak in the spring and fall months.

How Does the Virus Spread?

- COVID-19 is spread between people in close contact (within 6 ft).
- Respiratory droplets, produced when an infected person coughs, sneezes, or talks, can land in mouths or noses of people nearby.
- Studies suggest COVID-19 may spread by people who are not showing symptoms.



- In the Four Corners, hantavirus is spread by the deer mouse. Infected mice shed the virus in their saliva, urine, and droppings.
- People can get infected by breathing in air contaminated after fresh rodent waste or nesting materials are stirred up.
- HPS is **NOT** spread from person-to-person.

Who Is at Heightened Risk of Infection or Serious Complications?

Healthcare providers and family members caring for COVID-19 patients are more frequently exposed.

Residents of skilled nursing facilities or communal living centers with frequent contact with others.

Older adults and people with chronic underlying medical conditions – heart or lung disease or diabetes – seem to be at higher risk for developing more serious complications and dying.



Anyone who comes in contact with infected rodent droppings, urine, saliva, or nests, including:



Anyone cleaning up after rodent infestations, or opening and cleaning closed-up buildings without proper protection.



Campers and hikers near areas infested with deer mice or other infected rodents.



Construction, utility, and pest control workers in rodent infested spaces.

What Are the Signs and Symptoms?

INCUBATION PERIOD 2 - 14 Days

COMMON	Fever	ADDITIONAL	Headache
	Fatigue		Sore throat
	Cough		Loss of smell
	Shortness of breath		Runny nose
	Muscle pains		Bloody sputum
			Vomiting and diarrhea

INCUBATION PERIOD 7 - 60 Days

COMMON	Fever	ADDITIONAL	Headache
	Fatigue		Dizziness
	Cough		Chills
	Shortness of breath		Nausea
	Muscle pains		Vomiting and diarrhea
			Abdominal pain

What Should You Do If You Are a Healthcare Provider and Suspect a Case?

- Reinforce PPE and isolate patient.
- Provide supplemental oxygen, as needed.
- Notify public health authorities, immediately.
- Consider early transfer to a facility capable of performing ventilation support and ECMO.
- Send specimens for SARS-CoV-2 testing (PCR).

- Provide supplemental oxygen as needed.
- Administer inotropes early for hypotension.
- Avoid fluid resuscitation.
- Consider performing the 5-point hantavirus screen.
- Consider early transfer to a facility capable of performing ventilation support and ECMO.
- Contact your state/local health department for diagnostic testing.